

what you can do to help prevent

DIABETES

by learning the basics

Pre-diabetes educational classes meet once a month in the Population Health Center, 3rd floor of Carl R. Darnall Army Medical Center. Call 288-8136 to schedule. No referral is needed.

Topics Covered in Class:

- Ways you can decrease the risk of heart disease.
- Making small changes to make a big difference, such as losing 5-7% of weight and walking 30 minutes a day.
- Eating healthier
- Increasing activity
- Impact of medications and their proper use
- Finding support and resources
- How you can slow the onset or possibly prevent diabetes

Risk Factors for Pre-diabetes:

- Family history of diabetes
- Obesity
- Lack of exercise
- Females have a higher risk
 - Polycystic Ovarian Syndrome
 - Gestational Diabetes
- Certain Ethnic Groups:
 - Hispanic
 - Native American
 - African-American
 - Asian-American

Population Health Center
Carl R. Darnall Army Medical Center
3rd Floor
254.288.8136

Visit our Web site at:
www.hood-meddac.army.mil



Diabetes Education

Carl R. Darnall Army Medical Center
Population Health Center



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what is diabetes?

what you need to know

DIABETES IS A DISEASE in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

Type 1 Diabetes

Results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have Type 1.

Type 2 Diabetes

Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have Type 2.

Pre-Diabetes

Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of T-type 2 diabetes. There are 54 million Americans who have pre-diabetes, in addition to the 20.8 million with diabetes.

Target Diabetes

...Is a self-management program offered at Carl R. Darnall Army Medical Center. We use a team approach of nurses, pharmacists and dietitians to assist you in learning new skills to manage your weight, blood pressure, and cholesterol. Our goal is to increase your knowledge about diabetes so you take control of your blood sugars and your life.

How to Enroll

You must be a military beneficiary over the age of 18 to attend the classes. No referral needed, just call the Population Health Center at 288-8136 to register for the class or to see an educator on an individual basis. Family members are welcome to attend with you, no children please.

Topics Covered:

- Healthy Eating
- Benefits of Activity
- Monitoring Blood Sugar
- How Medications Help to Control Diabetes
- Problem Solving
- Healthy Coping
- Slowing the Progression of Diabetes Complications
- ABC's of Diabetes

**Classes are held at
Carl R. Darnall Army Medical Center**

